



Virginia Cooperative Extension Family Nutrition Program

Food Pantry Inventory and Using a Grocery List – Quick Tips

- Take inventory of your pantry list often by going through your pantry items and making a list of what you currently have, what is expiring soon, and what you are running low on
- Label food items with their expiration dates so you can keep track of which items need to be eaten first
- Keep the basic supplies your family uses most on hand
- When making a grocery list, refer to your inventory list to quickly see what you need to buy
- Organize your grocery list by putting items in the order that you expect to put them in your cart
 - Use the Family Nutrition Program's Weekly Shopping Planner as a guide:

Weekly **Shopping** Planner

 Fruits Focus on whole fruit	 Vegetables Vary your veggies	 Grains Make half your grains whole grains
 Protein Foods Vary your protein routine	 Dairy Move to low-fat or fat-free milk or yogurt	 Other Items Limit sodium, saturated fat, and added sugar

Weekly Meal PLANNER						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Try this recipe your whole family is sure to love!

Eat Smart • Move More

Cowboy Caviar

Prep Time: 10 minutes

Total Time: 10 minutes



Ingredients

- 15 ounces canned low-sodium black beans, drained and rinsed
- 15 ounces canned low-sodium kidney beans, drained and rinsed
- 15 ounces canned low-sodium corn, drained and rinsed
- 15 ounces canned low-sodium diced tomatoes
- 4 ounces canned chopped green chiles
- ½ onion, minced
- 3 limes, juiced
- 1 tablespoon canola oil
- ⅛ teaspoon ground black pepper

Nutrition Facts

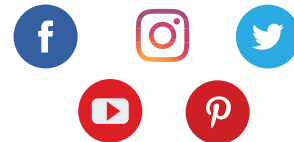
16 servings per container	
Serving size	1 serving
	(123.48g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes g of Added Sugars	
Protein 4g	
Vitamin D 0mcg	0%
Calcium 24mg	0%
Iron 1mg	6%
Potassium 199mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Draining and rinsing canned vegetables or beans removes about 40% of sodium.
- ▶ This dish can be served as a side dish, a topping for baked chicken thighs or as a taco filling.
- ▶ Substitute a diced jalapeño for chiles.

Follow us | Like us



www.eatsmartmovemoreva.org

Directions

- Mix ingredients in a large bowl. Stir gently to combine.
- Refrigerate leftovers within 2 hours of preparation.

(Recipe adapted from <http://eatingsmartbeingactive.colostate.edu>.)

www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

Substitutions in case of limited availability of foods:

- All beans can be substituted with dry versions, or replaced with other canned beans such as chickpeas, cannellini beans, or navy beans. They may also be substituted with frozen options such as lima beans or edamame.
- 0.5 cup frozen diced onion may be used in place of fresh onion.